



EVERYONE CAN MAKE THANKSGIVING SAFER

Traditional Thanksgiving gatherings with family and friends are fun but can increase the chances of getting or spreading COVID-19 or the flu. Follow these tips to make your Thanksgiving holiday safer. The safest way to celebrate Thanksgiving this year is to celebrate with people in your household. If you do plan to spend Thanksgiving with people outside your household, take steps to make your celebration safer.

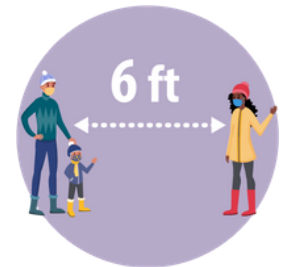


WEAR A MASK

- Wear a mask with two or more layers to stop the spread of COVID-19.
- Wear the mask over your nose and mouth and secure it under your chin.
- Make sure the mask fits snugly against the sides of your face.

STAY AT LEAST 6 FEET AWAY FROM OTHERS WHO DO NOT LIVE WITH YOU

- Remember that some people without symptoms may be able to spread COVID-19 or flu.
- Keeping 6 feet (about 2 arm lengths) from others is especially important for people who are at higher risk of getting very sick.



WASH YOUR HANDS

- Wash hands often with soap and water for at least 20 seconds.
- Keep hand sanitizer with you and use it when you are unable to wash your hands.
- Use hand sanitizer with at least 60% alcohol.

THANKSGIVING TRAVEL

TRAVEL INCREASES YOUR CHANCE OF GETTING AND SPREADING COVID-19. STAYING HOME IS THE BEST WAY TO PROTECT YOURSELF AND OTHERS.

If you do travel

- Check travel restrictions before you go.
- Get your flu shot before you travel.
- Always wear a mask in public settings and on public transportation.
- Stay at least 6 feet apart from anyone who is not in your household.
- Wash your hands often or use hand sanitizer.
- Avoid touching your mask, eyes, nose, and mouth.
- Bring extra supplies, such as masks and hand sanitizer.



+ To view Central District Health's complete guidance for safer fall and winter holiday celebrations, visit: cdh.idaho.gov/covid and view the [Resources Page](#)



The safest way to celebrate Thanksgiving this year is to celebrate with people in your household.

CONSIDER OTHER THANKSGIVING ACTIVITIES THIS YEAR

HOST A VIRTUAL THANKSGIVING MEAL WITH FRIENDS AND FAMILY WHO DON'T LIVE WITH YOU

- Schedule a time to share a meal together virtually.
- Have people share recipes and show their turkey, dressing, or other dishes they prepared.

WATCH TELEVISION AND PLAY GAMES WITH PEOPLE IN YOUR HOUSEHOLD

- Watch Thanksgiving Day parades, sports, and movies at home.
- Find a fun game to play with household members - or coordinate a virtual game with friends or family.

SHOPPING

- Shop online sales the day after Thanksgiving and days leading up to the winter holidays.
- Use contactless services for purchased items, like curbside pick-up.
- Shop in open air markets staying 6 feet away from others and wear a mask.

OTHER ACTIVITIES

- Safely prepare traditional dishes and deliver them to family and neighbors in a way that does not involve contact with others (for example, leave them on the porch).
- Participate in a gratitude activity, like writing down things you are grateful for and sharing with your friends and family.

Remember, this pandemic will not last forever.
We will be able to celebrate together in the future.

These are temporary sacrifices we are making to protect our community and the people we love.